STRONG HEARTS MOBILE APP

SCOPE OF WORK DOCUMENT

V 1.1

By:

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1. Overview

The Texas A&M Agrilife Institute for Advancing Health through Agriculture Healthy Living program is adapting an existing community-based health and wellness program called Strong Hearts into a digital, app-based format. Strong Hearts is a cardiovascular disease risk reduction program for midlife and older adults designed to improve diet and physical activity behaviors, assess local food and physical environment resources, and shift social norms about active living and healthy eating. To successfully incorporate the elements of the original program, the program requires mobile application developed in IOS and Android that will need to host interactive educational content such as videos and quizzes, enable users to track goals, and include social networking features.

2. Executive Summary:

App Maisters is developing a social learning and education app that will educate users to advance their health and wellbeing with the use of interactive educational content such as videos and quizzes. Users will also be able to share content with each other and track their health-related goals as part of the program. The program will be instructor/coach lead that will allow them to monitor and help encourage the users so they can continue to have a healthy and balanced lifestyle over a period of time.

3. Functional Hierarchy of the user Mobile App:

The functional hierarchy of the app is designed to make it easy for users to navigate and access the app's features and content as below:

- Splash
- Sign-in
    - Forgot Password
- First time setup
    - Set a new password
    - Update Profile (Full name, About me)
    - Connect devices (Fitbit Inspire 2 and Withings Body Pro Scale)
    - Watch onboarding videos
    - Terms of service
- Home
    - Wall
        - Comment/Like

- Reply
- Bookmark
- Report Post, Report Comment
- User Profiles
- Create Post
- Activity
- Track progress
- Notifications
- Profile

- Side Menu
  - Goals
    - Set a goal
    - View Goals
    - Track progress
      - Daily tracker
      - Weekly plan
    - Reports
      - Weekly report
      - Monthly report
  - Library
    - View files (separated by category)
    - Search
  - Bookmarks
    - Wall Posts
    - Library
  - Connected Devices
    - Today
    - Last 7 days
    - Last 30 days
  - Locations
  - Settings
    - My Profile
    - Change Password
    - Notifications
    - About Us
    - Privacy Policy
    - Terms & Conditions

- Manage Services
- Leave program
- Contact Us
- Log Out

4. Functional Details of the User Mobile App:

There will be an iOS and Android app. Once the app is ready and deployed to the app stores, the user can download the app from the Google play store for Android and the Apple app store for iOS. The app can only be logged into by users that have an invitation with a username and password sent to them by the staff via email.

4.1 Splash:

Upon tapping the app icon on the phone, the user will be presented with a Splash screen which includes the app's name and logo. This splash screen will also serve as a loading screen for the app.

4.2 Sign-In:

After the splash screen there will be a login screen which allows the user to login with their credentials. For the first time, the user would login by entering their email address and password received via email from the staff. If the login credentials are correct, they would be able to login to the app successfully. If the login credentials are incorrect an error message will appear saying invalid username or password.

4.3 Forgot Password:

Upon tapping this link, a 6-digit code will be generated and sent to the user's email address. The user has to enter the code on the screen and submit it. After authentication, the user will be redirected to the screen where they can set up a new password.

They will be prompted to set up a unique and strong password, which should be twelve characters long, has no predictable pattern and contains a mixture of numbers, special characters and both uppercase and lowercase letters.

4.4 First Time Setup:

4.4.1 Change Password

During the first-time login, the user will be redirected to a change password screen where they will be asked to enter their current password, a new password and confirm the new password. After submitting and successfully changing the password the user will be redirected back to the login screen to login with their new credentials.

4.4.2 Profile update

After logging in the user will be presented with step-by-step instructions to complete his/her profile. They will be able to update the following:

1. First name and Last name
2. Profile Picture (upload a new picture from their phone and the ability to remove the current picture without uploading a new one)
3. About me (text box with about 250 words/1250 characters)

4.4.3 Connect devices

After successfully updating their profile, the user will be asked to connect devices like Fitbit Inspire 2 trackers and Withings Body Pro scales. The user can skip this and can add devices later from the settings menu under manage devices.

If the user taps to connect with **Fitbit Inspire 2** service, then:

- The user will be asked to enter their Fitbit account username and password and submit to authenticate the account.
- If the authentication passes the user will see a popup message that says "Your service is connected successfully".

If the user taps to connect with the **Withing Body Pro** service, then:

- The user will be asked to enter their Withings account username and password and submit to authenticate the account.
- If the authentication passes the user will see a popup message that says "Your service is connected successfully".

Note: The user can disconnect services from manage services under settings.

4.4.4 On-boarding video

The user must watch a series of videos before they can tap to complete the first-time setup. If they leave while watching a particular video they should be able to continue watching from that point until they have finished watching all the videos. Only when all the videos have been watched, does first time setup complete.

In the on-boarding videos section if there's 48 hours of inactivity (the user hasn't completed watching all the videos until the end, we'll send them a notification to complete first time setup. This notification will be sent every 48 hours until they complete watching all the videos and the first-time setup is complete.

4.4.5 Terms of service

The user will view a screen of text with the "Terms of service" heading and then check "I agree" or "I disagree" after scrolling to the end of it. Checking "I agree" and then "Finish" will complete the first-time setup, checking I don't agree and then "Finish" will show a dialogue pop-up saying "You have to agree to the terms of service to use the app" clicking ok kicks them out of the app and if they open the app again they'll have to view the "Terms of service" screen again and check "I agree" or "I disagree".

4.5 Home:

Once the first-time set-up completes successfully the user is brought to the home screen. The "Home" screen is where logged in users come by default when they tap the app.

4.5.1 Wall:

Users can see staff posts which are differentiated in some way, like **color or a border highlight and/or a badge.**

The user can see their own posts and all other user posts with their **badges**. The user can also:

Staff and other user's posts:

- **Like**: The user has the ability to like posts by clicking on the like icon.
- **Comment**: In the comment section the user can comment on the post and:
  - Report Comment: the user can report comment and it will be a queued post for a staff member to review
  - Reply: The user can reply to a comment by clicking on the reply link on a comment
  - Tag: The user can tag another user using the @ symbol
  - Hashtag: hashtag will categorize posts and when clicked will list all the posts with that hashtag.

- **Bookmark:** The user can bookmark the post
- **Report Post:** The user can report an inappropriate post and it will be queued for a staff member to review

Own Posts:

- **Like**: The user has the ability to like the post by clicking on the like icon.
- **Comment**: In the comment section the user can comment on the post
    - Reply: The user can reply to a comment by clicking on the reply link on a comment
    - Tag: The user can tag another user using the @ symbol
    - Hashtag: hashtag will categorize posts and when clicked will list all the posts with that hashtag.
- **Bookmark:** The user can bookmark the post
- **Edit:** The user can edit their own post
- **Delete:** The user can delete their own post but it should still be recorded in user analytics for staff.

4.5.2 User Profile

The user will be able to see other user's profile picture on the home feed next to their posts and upon tapping it they will be brought to that user's profile. In the user's profile there will be the user's name, about me section, badges and an option to "Block User".

Blocking the user will hide that user's posts and comments on the home feed for the user who blocked them. Can't block staff member posts.

4.5.3 Create a Post:

On the home screen the user can create a post, the user can type text, add links, attach pictures, video, or a location then tap on the "Post" button, the post will then be shown on the wall and posts are visible to all app users.

Text: Text can be typed on the text box for creating a post. Other people can be tagged by using the @ symbol and hashtags can be added that will become links that lead to a feed of all posts that have that hashtag.

Links: when links are posted on the text box, a snippet of the link with a picture and description will appear on the wall when the "Post" button is clicked.

Pictures: A button for pictures will be present next to the text box. Users can click on it and upload pictures (image type is JPEG) and optionally add descriptions for them on the text box.

Video: A button for video will be present next to the text box, users can click on it and upload a video and optionally add a description of the video on the text box. Supported video formats for iOS: M4V, MP4, MOV. Android: MP4, 3GP. The user can post links of videos to the wall, the link will redirect the user to the video's website or app outside the app.

Location: Share location link from google maps to the app as a post on the wall or share link from google maps and it becomes a snippet. Pictures and videos can be added on top of this.

Clicking "Cancel" will cancel the post creation and the draft post will be deleted without saving.

4.5.4 Activity

This screen will have reminders and notifications, anything that occurs on this screen will also be sent to the user as notification, the following will be listed on this screen with emojis and fun icons.

- Notify the user to fill out the daily tracker and a reminder at 8 PM daily if the daily tracker has not been filled out. Both these actions are listed and when tapped will take the user to the daily tracker screen for that day. "Remember to track your daily progress" will be listed
- Notify the user to fill out the weekly plan if it's still not filled at 8:30 PM on Sunday. Both these actions are listed and when tapped will take the user to the weekly plan screen for that week. "Remember to plan your week" will be listed.
- Notify the user when a staff member posts to the wall, "Check out this new post!" will be listed on the screen and when tapped the user will be taken to that post.
- Notify the *user* every Sunday morning at 8:30 AM when a goal is set that their weekly report is generated, "Weekly report available!" will be listed, when tapped the user is taken to the weekly report and then to the weekly plan (if there is a week remaining in the monthly goal time-period).
- Notify the user when their monthly report is generated, "Monthly report available!" will be listed, when tapped the user is taken to the monthly report, after viewing the monthly report the user is taken to the set new goals screen to set their new goals.
- Reminder if the goals aren't set at 8:30 PM Sunday, "Time to set new goals"
- Notify the user daily if they haven't set a goal and are using the app at 8:30 PM every day, "Remember to set your goals for the month!".

In week 4, the weekly plan doesn't have an edit button but flows into the monthly report which then leads to the setting new goals screen for a new month and then that flows into the weekly plan.

There will be 2 default activities when they finish on-boarding, to be added below (the team will provide before development)

Note: Definitely do not call this section in the app "Activity" there's no need to use a name, an icon on the home screen is ideal. If a name is needed let's discuss a different name.

4.5.5 Track Progress (from the goals menu)

An icon should be added on the home screen and the whole "Track Progress" section from the Goals section in the side menu should be an icon or tappable directly from the home screen. When tapped on the home screen the user is taken to the "Track progress" screen.

4.6 Notifications

The user will tap an icon to and be able to see a list of notifications that they received. Likes, comments, tags as permitted in settings. They will not see the notifications from the activity section here.

4.7 Profile

If the user taps on their profile picture in the top left corner they'll be taken to their profile where they can see their name, about me section, badges and a button that says edit.

4.7.1 Edit

Tapping "Edit" takes them to the "My Profile" screen in settings. Please see below.

4.8 Side Menu:

The side menu icon will be found on bottom drawer of the screen with 3 dots, when tapped will show the below options.

- Goals
- Library
- Bookmarks
- Connected devices
- Locations
- Settings

4.8.1 Goals:

The user can add a goal or track the progress of their monthly goal(s). All goals are tracked for a month.

There will be four categories of goals:

Physical Activity (Strength Training)

Physical Activity (Aerobic Activity)

Healthy Eating

Sleep and Stress

Only one goal in each category can be set, and goals can be deleted from the list as well. This goal will be valid from Sunday 12AM to Saturday 11:59PM. All diet goals will have a denominator of 7 (for 7 days in a week). On the other hand, strength, aerobic activity, and stress goals will have the denominator of whatever number the user selected (1-7).

Based on these goals, users can plan their activity and healthy eating in "My Weekly Plan", which is structured as a weekly calendar. Users will have a weekly calendar for physical activity and a weekly calendar for meals (Breakfast, Lunch, Dinner, Snacks). For the physical activity weekly calendar, users will select a dropdown menu to choose a length of time (15, 30, 45, 60 minutes) they wish to do physical activity for on the day of their choice (Sun-Sat) and type of activity of their choice (Strength Training/Aerobic Activity). For the Healthy Eating weekly calendar, users can fill in their food plans for each day and meal.

Users will track the progress of their goals daily. For tracking food, users will track how many portions of each food group they ate: Dairy, Fruit, Grain, Vegetable, Protein, Extra, and Water. For physical activity, they will be able to document what they did and the length of time that they did the activity for. Users can also track their progress towards an optional sleep and stress goal. Finally, users can track their mood that day (happy face, neutral face, frowning face). In addition to tracking, users will be able to select checkboxes if progress was made toward their goals that day. This checkbox will have language that matches the goal that they have set (e.g. "I made progress toward eating 2 servings of vegetables a day for a week", "I have made progress towards completing 2 strength training sessions a week"). If a user has not tracked anything by the evening, a reminder notification will be sent out to use their daily tracker.

Each Sunday, users will receive a "weekly report" which summarizes the progress they made toward each of their goals in the past week, based on their daily tracking. The progress will be shown as a "progress bar" and a fraction representing how many times they have made progress toward their goals. For their Healthy Eating Goal, the denominator will be 7. For all other goals, the denominator will be based on the number they have set for that goal (e.g. If the goal is "complete 2 sessions of strength training a week", the denominator will be 2).

Under each progress bar, users will be given a progress message as a percentage (e.g. "You met 50% of your goal this week. If you think this goal is set too high, you can go back and EDIT this goal for next week"). If desired, they will have the opportunity to edit their goal until 11:59PM that Sunday.

After each 4 week period that the user has used the app, users will receive a "monthly progress report" which summarizes the progress made toward their goal in the past month. The display of such progress will be similar to the weekly progress report, but will represent the cumulative numbers for the past 4 weeks. Users will have the option to revise their goals for the next month.

End of the month goals renew, and user is notified to go in and change or "set new goals" "time for new goals". And they can change and edit them. Month ends on the fourth Saturday at 12 AM. All months will be 4 weeks (28 days long).

4.8.1.1 Set a goal:

- **Diet**

Notify the user that they can only choose one of the below.

- "Increase healthy foods"
  - "I will eat <#portions> or more of <food> each day/week this month

Portions will be a drop-down number from 1 to 14

Foods will be a drop-down option of Grains, Veggie, Dairy, Protein, Fruit

- "Decrease less healthy foods"
  - "I will eat/drink <# portions> or fewer <food> each day/week this month"

Portions will be a drop-down number from 1 to 14

Foods will be a drop-down option of Extra, fried foods, desserts and sugar sweetened beverages

- **Strength training**
    - “Strength Training”

    “I will do <#bouts> of <#minutes> strength training each week this month”

Bout will be a drop-down number from 1 to 7

Minutes will be a drop-down with the options being 15 min, 30 min, 45 min, 60 min

- **Aerobic Activity**
    - “Aerobic Activity”

    “I will do at least <#minutes> of aerobic exercise <#bouts> times per week this month”

Bout will be a drop-down number from 1 to 7

Minutes will be a drop-down with the options being 15 min, 30 min, 45 min, 60 min

- **Sleep and Stress**

Notify the user that they can only choose one of the below.

- “Sleep”

“I will go to sleep at my bedtime of <time PM/AM> <#number> times each week this month”

Time is the 12 hour clock with AM or PM

Number is a number from 1 to 7

- “Stress”

“I will do <#number> self-care activity(s) each week this month”

Number is a number from 1 to 7

Then the user must fill out following:

“My Monthly S.M.A.R.T Goal Notes:

•What might get in the way of meeting these goals?

•How can I address these obstacles?

Who can support me in meeting these goals"

Free response text box for participant's own benefit – no data collected

They then see a review screen like the below, clicking on any of the underlined text takes them to edit that option. Clicking on the text box takes them to edit that box.

My Monthly Goals – Month 1

- **Strength Training**

  I will do 2 15 minute sessions of strength training each week this month.

- **Aerobic Activity**

  I will do at least 15 minutes of aerobic exercise 3 times per week this month.

- **Healthy Eating**

  I will eat 6 or fewer Extras each day this month.

- **Optional: Sleep and Stress**

  I will do 1 meditation each week this month

My Month 1 S.M.A.R.T Goal Notes:

- *What might get in the way of meeting these goals?*
- *How can I address these obstacles?*
- *Who can support me in meeting these goals?*

Free response text box for participant's own benefit – no data collected

After clicking next on the above screen, they are taken to their "weekly plan", the weekly plan is for their first week, the weekly plan is then updated every week and after the first week, it can come prefilled from data of the previous week to make entry for the user easier, weekly plan screen will look like the below:

My Weekly Plan

Physical Activity

Day	Strength Training	Aerobic Activity
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Dropdowns:
15 min
30 min
45 min
60 min

Healthy Eating

Day	Breakfast	Lunch	Dinner	Snacks
Sunday	[text entry]			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

The user must select the dropdowns for the number of bouts they chose for strength training and aerobic exercise. And add optional text entry for each of the above meals. The user doesn't need to record sleep and stress here.

Then the goals will be set for the month as above.

4.8.1.2 View Goals

List of current and historic monthly goals, the goals are listed with the start and end date and can be scrolled up to down. If the user taps a goal, they are taken to the review screen like below:

My Monthly Goals – Month 1

- **Strength Training**

  I will do 2 15 minute sessions of strength training each week this month.

- **Aerobic Activity**

  I will do at least 15 minutes of aerobic exercise 3 times per week this month.

- **Healthy Eating**

  I will eat 6 or fewer Extras each day this month.

- **Optional: Sleep and Stress**

  I will do 1 meditation each week this month

My Month 1 S.M.A.R.T Goal Notes:

- *What might get in the way of meeting these goals?*
- *How can I address these obstacles?*
- *Who can support me in meeting these goals?*

Free response text box for participant's own benefit – no data collected

The review screen above is not editable.

4.8.1.3 Track Progress

4.8.1.3.1 Daily Tracker

When the user taps "Daily tracker" the user will see a grid of all the days (like a calendar), with the current 4-week month selected up top right (from date to date). The user can tap on any day before today on the grid including today and the daily tracker screen for that day would open and they can edit it, any day after today is not tappable. The user can also select any of the previous month (dates of dates of when monthly goals were set on the app by the user) from top-right and the grid would populate with those days and tapping a date would open the daily tracker screen for that day. And the user can edit the daily tracker from those days as well. It should be visible on the grid boxes when a daily tracker has not been filled out or is incomplete or has been filled out completely, either by colors or some other way so the user can update it if they want to.

The user will be notified at <to be decided time> every day to record their daily tracker for that day.

The daily tracker screen looks like the below:

Daily Tracker

Food Portions

Dairy	X	X	X					
Fruit	X	X	X					
Vegetable	X	X	X	X				
Protein	X	X	X	X	X			
Grain	X	X	X	X	X	X		
Extra	X	X	X	X	X			
Water	X	X	X					

☐ I met my Healthy Eating goal for today

Physical Activity

	Strength Training	[dropdown]	[dropdown]
X	Aerobic Activity	Walking	30 minutes

☐ I made progress towards my Strength Training goal today

☐ I made progress towards my Aerobic Activity goal today

Sleep, Stress, and Mood

☐ I made progress towards my Stress/Sleep goal today

Today, I feel... ☺ 😐 ☹

Notes about Today:

Free response text box for participant's own benefit – no data collected

The food portions table can be radio buttons or some other aesthetically pleasing user-friendly way of recording the number of portions of each of those foods.

The physical activity table, the first column is to radio button select (or some other way) to select the activity, if selected then that row becomes active and the dropdowns for the activity itself and number of minutes will become active. The user must then mandatorily select the name of the activity from the dropdown for strength training it will be Upper Body, Lower Body , Core or Full Body for aerobic exercise it will be Walking

Running, Aerobic Video, Elliptical, Stairs, Rowing, Exercise Class, Dance, Bicycling, Sports, Swimming, Other (without a textbox is fine) and the minutes (15 mins, 30 mins, 45 mins, 60 mins) of that activity. If the user doesn't select (radio button or toggle) any physical activity, then they don't have to fill out that row and it stays inactive. In the end the user will click a "Save" button to record the daily tracker (not in the picture).

4.8.1.3.2 Weekly Plan

When the user taps "Weekly Plan" the user will see a table with 4 rows for each week, with the current 4-week month selected up top right (from date to date). The user can tap on any week before the current week including the current week on the table and the weekly plan screen for that week would open and they can edit it, any week after the current week is not tappable. The user can also select any of the previous month (dates of dates of when monthly goals were set on the app by the user) from top-right and the table would populate with those weeks and tapping a week would open the weekly plan screen for that week. And the user can edit the weekly plan from that week as well. It should be visible on the table when a weekly plan has not been filled out or is incomplete or has been filled out completely, either by colors or some other way so the user can update it if they want to.

The weekly plan looks like the below:

My Weekly Plan

Physical Activity

Day	Strength Training	Aerobic Activity
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Dropdowns:
15 min
30 min
45 min
60 min

Healthy Eating

Day	Breakfast	Lunch	Dinner	Snacks
Sunday	[text entry]			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

The user must optionally select the dropdowns for the number of bouts they chose for strength training and aerobic exercise. And add optional text entry for each of the above meals. The user doesn't need to record sleep and stress here. In the end the user will click a "Save" button to record the weekly plan (not in the picture).

4.8.1.4 Reports

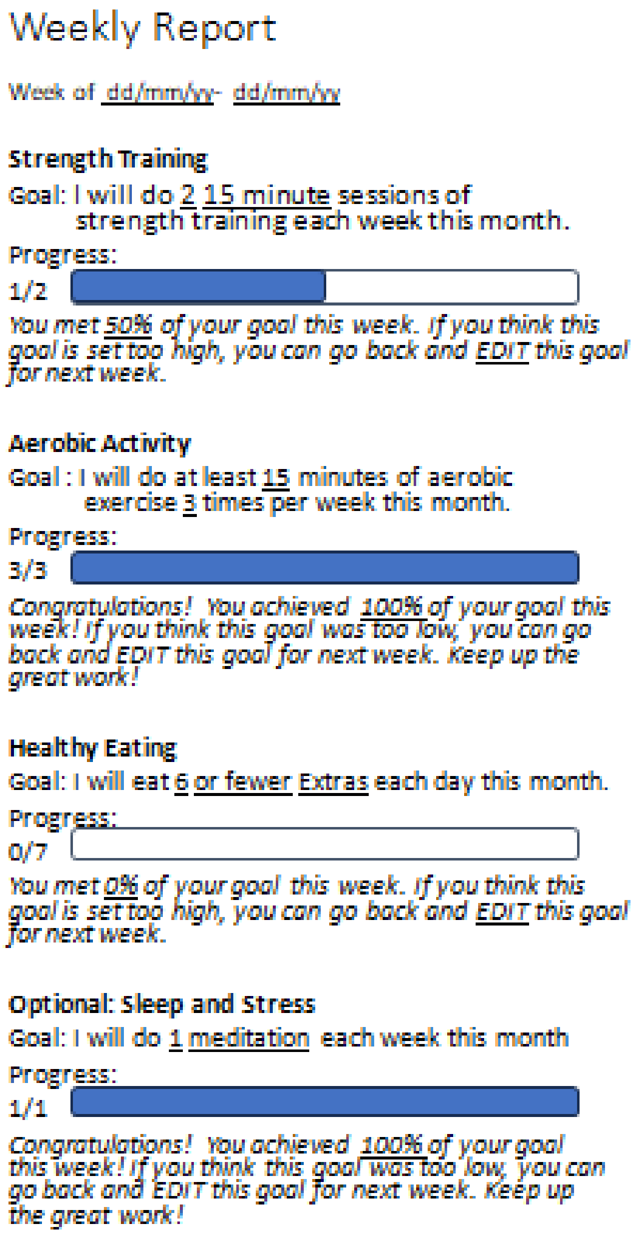
The section under goals will have 2 options:

4.8.1.3.1 Weekly Report

Each Sunday, a new weekly report will be generated, which summarizes the progress the user made toward each of their goals in the past week, based on their daily tracking. The user will be notified of this in activity at 8:30 AM on Sunday, following this report the user should be taken to their next week's plan screen if there is a week remaining in their set month.

When the user taps "Weekly report" under track progress the user will see a table with 4 rows for each week, with the current 4-week month selected up top right (from date to date). The user can tap on any week before the current week and the weekly report for that week would open, any week during and after the current week is not tappable. The user can also select any of the previous month (dates of dates of when monthly goals were set on the app by the user) from top-right and the table would populate with those weeks and tapping a week would open the weekly report for that week.

The weekly report looks like the below:



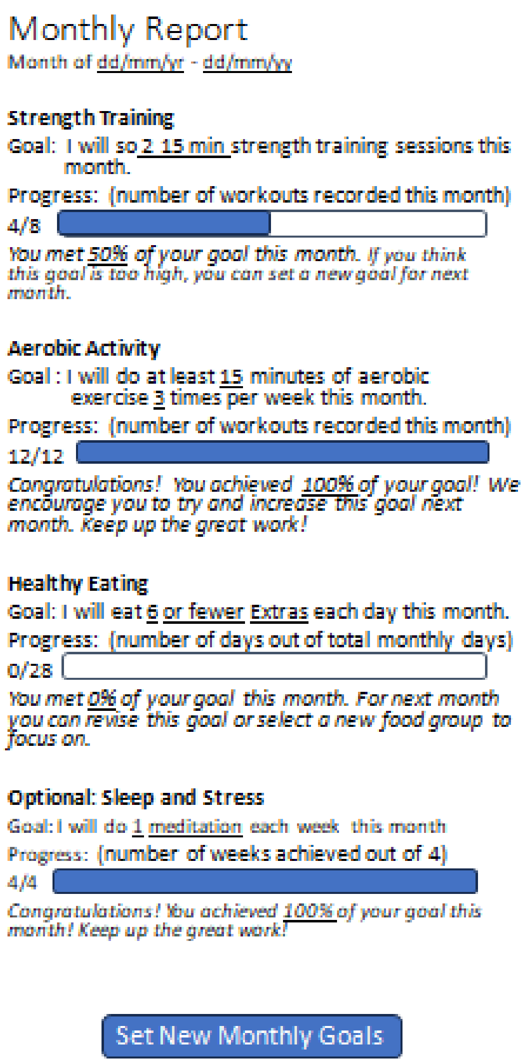
The progress will be shown as a "progress bar" and a fraction representing how many times they have made progress toward their goals. For their Healthy Eating Goal, the denominator will be 7. For all other goals, the denominator will be based on the number they have set for that goal (e.g. If the goal is "complete 2 sessions of strength training a week", the denominator will be 2). Under each progress bar, users will be given a progress message as a percentage e.g. "You met 50% of your goal this week. If you think this goal is set too high, you can edit this goal for next week below" (this message would disappear once timeline for editing the goals for the next week is complete and will not be seen when viewing historical reports. If desired, they will have the opportunity to edit their goal until 11:59PM that

Sunday by clicking on an “Edit goal” button below which allows them to edit the goals for the upcoming week. We will not have individual links to edit the goal like the picture above.

4.8.1.3.2 Monthly Report

After each 4 week period that the user has set goals, users will receive a “monthly report” which summarizes the progress made toward their goal in the past month.

When the user taps “Monthly report” under track progress the user will see a list with each complete “month” the user has set goals. The user can tap on any month and the monthly report for that month would open. Only when a 4-week period of user's goal settings complete is a monthly report generated. The monthly report looks like the below:



The display of such progress will be similar to the weekly progress report but will represent the cumulative numbers for the past 4 weeks. Users will have the option to revise their goals for the next month.

When the user clicks “Set new monthly goals” they’re taken to the set goals screen where they setup their new goals.

4.8.2 Bookmarks

4.8.2.1 Wall Posts

The user will be able to see a list of bookmarked wall posts on this screen. When the user clicks on a bookmark the user will be taken to that wall post. They will also be able to delete bookmarks individually from the list.

4.8.2.2 Library

The user will be able to see a list of the library files or playlists that they bookmarked. When the user clicks on the file they are taken to that file in the library and it opens or plays depending on the file. If the user clicks on the playlist it opens the playlist and the user can view and play all the files. The user can also delete the bookmark to library files or playlists in the list.

4.8.3 Library

The user will be able to see videos and PDFs added to the library on this screen and they’ll be categorized by:

- Nutrition
- Physical activity
- Stress, mindfulness and behavior

The categories above are fixed and predefined.

The user can also open playlists within each category (created by staff) like youtube and search for files by their name.

4.8.4 Connected Devices

4.8.4.1 Today

The user will be able to see that day's data of the connected devices:

Fitbit Inspire 2:

Today's step counts

Today's active minutes

Withings Body Pro scale:

Today's body weight

If the device is not connected, it will say "Device not connected", and no data will be shown.

4.8.4.2 Last 7 days

Fitbit Inspire 2:

- Separate graph of step counts of each day of the last 7 days
- Separate graph of active minutes of each of the last 7 days

Withings Body Pro scale:

- Graph of body weight of each day of the last 7 days

If the device is not connected, it will say "Device not connected", and no data will be shown.

4.8.4.3 Last 30 days

Fitbit Inspire 2:

- Separate graph of step counts of each day from the last 30 days
- Separate graph of active minutes of each day of the last 30 days

Withings Body Pro scale:

- Graph of body weight of each day from the last 30 days

If the device is not connected, it will say "Device not connected" and no data will be shown.

4.8.5 Locations

When tapped the user is taken to a screen where they are able to see a feed of all the wall posts where a user or staff member has added a location on that post. The posts are sorted by newest to oldest. The user is able to comment, reply to comment and like these posts just like posts on the wall.

4.8.4. Settings:

Users will be presented with these options on the Settings Screen

- My Profile
- Change Password
- Notification settings
- About Us
- Privacy Policy
- Terms & Conditions
- Manage Device
- Leave the program
- Contact Us
- Log out

4.8.4.1 My Profile

In this section users can edit profile registration information like Name and About me.

4.8.4.2 Change Password

Upon clicking on Change Password, the user will be redirected to Password Screen by clicking on change password where user should be able to change their password.

The user password will only be changed when both the new password and confirm password field matches and user password is at least 8 characters long, at which point when the user submits then they should receive message as follows.

"Your password has been reset. You can now login with the new password."

4.8.4.3 Notifications settings

The user will see the notification screen where On/Off toggle buttons will be given to switch notifications On or Off.

Types of Notification in the application

- Comment on post notification – toggle on/off
- Like/Unlike Post Notification- toggle on/Off

- Tagging of user on post notification – toggle on/off

4.8.4.4 About Us

The About screen will tell user the formal and legal details about the app and the University program.

4.8.4.5 Privacy Policy

Clicking on Privacy policy will take user to the privacy policy of the app.

4.8.4.6 Terms & Conditions

Clicking on Terms & Conditions will take user to the terms and condition of the app and the company that owns it.

4.8.4.7 Manage Services

On this screen user will see a list of connected services, the user can add a new service by tapping on the “connect service” button. User can also disconnect connected services by tapping on the disconnect button.

4.8.4.8 Leave the Program

On this screen the text will say: “If you would like to leave the program, please contact study staff for instructions.”

4.8.4.9 Contact Us

Email: StrongHearts@ag.tamu.edu

Phone: (972) 314-3272

4.8.4.10 Log Out

When the user taps on the log-out button, a pop-up message will appear which says “Are you sure you want to log-out?" with a Yes and No button. If the user taps “Yes” the user will successfully logout and be shown the login screen. If the user taps "No” then it will just cancel the action.

5. Functional Hierarchy of Staff Web app:

- Sign-in
- Forgot Password
- Dashboard
    - Counters
    - Wall
        - Posts
            - Like
            - Comment
                - Reply
        - User Profiles
- Notifications
- Profile
    - Edit
- Setting
    - Change Password
    - Log Out
- Posts
    - Create posts
    - Drafts
    - Polls
    - Surveys
    - Locations
- User Management
- Library
- Analytics
    - User Analytics
    - Post Analytics
- User Reported Content

6. Functional Details of Staff App (Web App):

An admin will add staff members with their name and email address, an invitation email will go out to the staff members email address with their username and password.

6.1 Sign-In:

The first time, the staff member would login by entering their email address and password received via email from the admin. If the login credentials are correct, they would be able to login to the web app successfully. If the login credentials are incorrect an error message will appear saying invalid username or password.

After authentication, the member will be redirected to the screen where they can set up a new password.

They will be prompted to set up a unique and strong password, which should be twelve characters long, has no predictable pattern and contains a mixture of numbers, special characters and both uppercase and lowercase letters. Then the member will be take to the login screen to login with their new credentials.

6.2 Forgot Password

Upon tapping this link, a 6-digit code will be generated and sent to the member's email address. The member has to enter the code on the screen and submit it. After authentication, the member will be redirected to the screen where they can set up a new password.

They will be prompted to set up a unique and strong password, which should be twelve characters long, has no predictable pattern and contains a mixture of numbers, special characters and both uppercase and lowercase letters.

7. Dashboard

7.1 Counters

The dashboard will have the following counters:

- Total No of Users
- Total No user posts

7.2 Wall

There will be a wall like a Facebook wall with all the posts, members can see staff posts which are differentiated in some way, like **color or a border highlight and/or a badge.**

Members can see all the user posts with their **badges if any**.

The member can also:

- **Like**: The member has the ability to like posts by clicking on the like icon.
- **Comment**: In the comment section the member can comment on the post, tag other people in the comment, add hashtags which lead to a feed of posts with that hashtag.
  - **Delete a comment:** The member can delete a comment of their own or other users
  - **Reply to a comment:** The member can reply to a comment, tag other people, add hashtags
- **Delete:** The member can delete a post of their own or other users.
- **Edit**: The member can edit a post of their own.

7.2.1 User Profiles

The member will be able to see other user's profiles pictures on the home feed next to their posts and upon clicking the picture they will be brought to that user's profile. In the user's profile there will be the user's name, about me section and badges.

8. Notifications

The member will click the bell icon and be able to see a list of notifications that they received from their wall activity and when a user reports a post. They can click each notification to mark it as read or they can select some or all and mark them as read.

9. Profile

If the member clicks on their own profile picture at the top corner and then clicks profile, they'll be taken to their profile where they can see their name, about me section, and a button that says edit. This profile is visible to all users and staff members.

9.1 Edit

Clicking Edit allows them to edit their name and about me section.

10. Settings:

10.1 Change Password

The staff member will be taken to a change password screen, where they can enter their current password, a new password and confirm the new password. The password will only be changed when both the new password and confirm password fields match. Otherwise, an error message will let the staff member know the fields don't match.

10.2 Log Out

When a member clicks on "Log out" they'll be asked for confirmation if they want to logout of the web app, a yes would log them out and a no would cancel the option and keep them on their screen.

11. Posts

11.1 Create a Post

This feature will allow staff to create a new post that can be seen on the wall by all users (mobile app) and all staff members (web app). When creating a post, the staff can write text, add links, create a survey, create a poll, attach documents (PDF or Word), attach pictures and attach videos. The staff member can attach multiple items in one post on the wall. Members can also link videos or PDF's from the library, using the share button on the library screen. The posts a member can create are:

- **Text:** Text can be typed on the text box for creating a post.
- **Links**: when links are posted on the text box, a snippet of the link with a picture and description will appear on the wall when the "Post" button is clicked.
- **Pictures:** A button for pictures will be present next to the text box. Members can click on it and upload pictures (image type is JPEG) and optionally add text on the text box as well.
- **Video:** A button for video will be present next to the text box, members can click on it and upload a video and optionally add text on the text box as well. Supported video formats are M4V, MP4, MOV, MP4, 3GP. The member can also add external links of videos to the wall, the link when clicked will redirect the user to the video's website or app outside the app, and optionally add text in the textbox as well.
- **Documents:** A button for attaching documents will be present, when clicked the member can select a PDF or word document and attach it. And optionally add text on the text box as well.

- **Location:** Share location link from google maps and it becomes a snippet. Pictures and videos can be added on top of this.
- **Poll:** A member can add a poll to the post by clicking on the "Poll" button next to the text box, when clicked, the member will be presented with an additional section which will ask for:
  - Question: For e.g. "How are you feeling today?"
  - Options: 2 options text boxes will be added by default; answers will need to be entered in each option text box For e.g. "Good" and "Just Ok"
  - "Add option": button will add another option textbox. Text will need to be entered in the new option box or else it'll give an error message, there will be an icon to delete the third and all preceding option boxes.
  - Duration: Select how long to run the poll, such as 1 day, 2 days, 1 week, 2 weeks or a month. A custom date and time can also be added.

  A button will be present that says "Add to post" and the poll will be added to the post.

- **Survey**: A member can add a survey to the post by clicking on the "Survey" button next to the text box, when clicked, they will be presented with an additional section which will ask for:
  - Question: For e.g. "How do you like the app so far?"
  - Options: 2 options text boxes will be added by default; answers will need to be entered in each option text box For e.g. "Good" and "Just Ok"
  - "Add option": button will add another option textbox. Text will need to be entered in the new option box or else it'll give an error message, there will be an icon to delete the third and all preceding option boxes.
  - Duration: Select how long to run the survey, such as 1 day, 2 days, 1 week, 2 weeks or a month. A customer date and time can also be added.
  - "Allow people to choose multiple options": A checkbox will be present that when selected will allow users to select multiple answers.
  - "Add another question" button will allow them to add another question like the above

  Multiple questions will be presented to the user like a carousel (you can click a next icon to view the next question and answer it). A button will be present that says "Add to post" and the survey will be added to the post

Schedule: Members will have the option to schedule a post by adding a future date/time by clicking on the "Schedule" button, a confirmation pop-up will confirm the scheduled post and the post will be available in "Drafts".

Save: Members will have the option to save a draft of the post by click on the "Save" button, a confirmation pop-up will confirm the save and the post will be available in "Drafts".

Post: When a member clicks on the "Post" button, a post will be shown on everyone's wall.

Cancel: When a member clicks "Cancel", a confirmation pop-up confirms if the member wants the draft post to be deleted, after confirmation the member sees a new blank "Create Post" screen, cancelling the confirmation will bring the member back to their draft.

11.2 Drafts

The member will see a list of all saved drafts and scheduled posts of posts created by them. When clicked on each draft it will open the "Create post" screen with their post as they left it. The member can edit, delete, re-schedule, "Post" or "Save" the post again.

11.3 Polls

The member will see a list of all the polls posted by them on the wall and their results. The results of each poll will be in percentage for each answer with a bar graph over each answer. There will be a date next to each poll and link to the original post. There will also be a total number of participant's counter for each poll.

11.4 Surveys

The member will see a list of all surveys posted by them on the wall, when they click on a survey, the member will be taken to the survey screen, which shows the results of each survey which will have a list of users and the answers they entered. There will be a start date and time of the survey, the end date and time of the survey and link to the original post. There will also be a total number of participant's counter for the survey.

11.5 Locations

The member will see a feed of all the wall posts where a user or staff member has added a location on that post. The posts are sorted by newest to oldest. The member is able to comment, reply to comment, like or delete these posts just like posts on the wall.

12. User Management

This page will list all the users in a table with their name, email address, their profile link, the date the user was added, badges, a button to block/unblock them and a button to remove them. The member can optionally:

- **Invite**: A member can invite users by clicking on the "Invite" button, a pop-up will come up asking for the user's first name, last name and email address.
- **Pending list**: A member can view invited members who have not yet accepted by clicking on "Pending list" button and see a list of members who have not yet logged in for the first time. Member's can also delete those invitations from the list and the user will then not be able to login unless they're sent a new invitation and they login with their new password. Members can also resend the same invitation to a pending user.
- **Badge**: All the badges will be listed under badge column for each user, the ones active will be colored and the ones inactive greyed out. Members can award a badge to a user by clicking on a greyed-out badge under the badge column and that badge will become colored and be visible to the user on their profile and wall posts. To remove a badge the member will click on the colored badge and it will become greyed out and no longer visible on the user's profile and wall posts.
- **Search:** A search box will allow for the user to be searched by their full name or email address, the results will display the user in the table with the above options.

When the user is deleted, delete their previous posts and wall and any social activity, all analytics data for them should still be available.

13. Library

After clicking on "Library" the member will see a list of thumbnails of videos and PDFs organized by the following categories, you click on a category and be taken to that page.

Nutrition

Physical Activity

Stress, Mindfulness and behavior change

- **Upload:** The member can upload a video or a PDF by click on the "Upload" button, a pop-up will appear asking the member to select a file, after successful selection the user will be prompted to choose a category such as Nutrition, Physical activity, Stress, Mindfulness and behavior change. After selecting the category, the member will go back to the library screen and see the new file under the relevant category.

The file will now also be available in every user's library section on their mobile app, and they can view it by tapping on it.

- **Share library file:** The member can share a library file to their wall on to the "Create post" screen with a link to the file by clicking on the "Share" button or icon next to each file. The link when clicked by a user will take them to the file in their library.
- **Create a playlist:** The member can create a playlist under each category and add video files to it (like YouTube). Once the playlist has at least 2 files it will be visible like a thumbnail for users under that category and it will be prominent that it's a playlist with the playlist name.
- **Add file to playlist:** The member can add each video file to a playlist.
- **Delete a file:** The member can delete a library file by clicking on a delete icon, after confirmation the file will be deleted from the library for all users in the app.
- **Delete a playlist:** The member can delete a playlist and after confirmation the playlist will be deleted from the library but the files would remain.
- **Share library playlist:** The member can share a library playlist to their wall on to the "Create post" screen with a link to the playlist by clicking on the "Share" button or icon next to each playlist. The link when clicked by a user will take them to the playlist in their library.

14. Analytics

A member can view analytics for the user and the wall posts. The analytics available are:

14.1 User Analytics

The member can select a time-period by clicking on the top right and choosing 2 dates from a calendar view, the start date and end date. A table then shows the users following details:

- **Name:** Their full name.
- **Email address:** Their email address used to invite them, this is also a unique identifier of two people with the same name.
- ***Goals:*** The number of goals set for this period, this will be a clickable link and when clicked will be taken to the "Goals" screen for that user, which will have the below:
    - **Goal review:** It will have all that month's goal review screen information for the user. Export as a CSV and/or PDF.

- **Daily tracking**: It will have a calendar view of that month's daily tracker information of that user. Export as a CSV and/or PDF
    - **Weekly plans**: It will have a row table list of weekly plans of that user for that period. Export as a CSV and/or PDF.
    - **Weekly reports**: It will have a row table list of weekly reports of that user for that period. Export as a CSV and/or PDF.
    - **Monthly reports**: It will have monthly reports of that user of that period if applicable or the previous period. Export as a CSV and/or PDF.
- **Number of app sessions**: The number of sessions the user had with the app for the period selected. This will be a clickable link and when clicked will go to the App sessions screen, which lists all the dates and times the user had a session with the app and for how long for the period selected. Export as a CSV and/or PDF, same report as time spent on app.
- **Time spent on app**: The total time spent on the app for the period selected. This will be a clickable link and when clicked will go to the Time spent screen, which lists all the dates and times the user had a session on the app and for how long on each screen and the total time spent on each session for the selected period. Export as a CSV and/or PDF.
- **Number of library file views**: The number of views of files from the library, this will be a clickable link and when clicked will be taken to the Library views screen which lists all the files viewed by the user by date for the selected period. Export as a CSV and/or PDF.
- **Number of posts:** The number of posts the user created for that selected period.
- **Number of Comments:** Number of comments by the user for the selected period.
- **Number of Likes:** Number of likes by the user for the selected period.
- **Number of Bookmarks:** Number of bookmarks by the user for the selected period.

By default, 10 results will be displayed on the page with pagination. These can be increased to a 100 as a maximum.

(Exporting reports via pdf's and csv for the given time period is recommended)

14.2 Post analytics

The member can select a time-period by clicking on the top right and choosing 2 dates from a calendar view, the start date and end date. A table then shows the posts following details:

Post: The content and text of the post will be displayed. This will be a clickable link that when clicked, the user will be taken to the post on the wall.

- **Number of Comments:** The total number of comments, including replies the post received.
- **Number of Likes:** The total number of likes the post received.
- **Number of Bookmarks:** The total number of bookmarks the post received

- **Number of Video Views:** The total number of video views the uploaded video received. This would say N/A if no video was uploaded.
- **Number of document downloads**: The total number of document downloads a post received. This would say N/A if no document was uploaded.
- **Number of picture views:** Total number of clicks on a picture
- **Number of link clicks on the post:** The total number of clicks on external links shared on the post.

By default, 10 results will be displayed on the page with pagination. These can be increased to a 100 as a maximum.

Exporting reports via pdf/CSV for the given time period.

15. User Reported Content

The member can see a list of posts which have been reported, there will be a button to "Remove" the post which will delete the post from the wall for all users and staff members. The post will also be removed from the user reported content screen.
There will also be a button called "Ignore" which will keep the post on the wall for all users and staff members but remove it from the user reported content screen. Members can also block the user who made the post by going into "User management" and blocking the user.

16. Functional Hierarchy of Admin Panel:

- Login
- Forgot Password
- Change Password
- Dashboard
- Staff Management
- Log Out

17. Functional Details of Admin Panel:

17.1 Login

The admin will be able to login to the admin portal by entering their username and password, this will be pre-defined and provided by App Maisters.

17.2 Forgot Password

Upon tapping this link, a 6-digit code will be generated and sent to the admin's email address. The admin has to enter the code on the screen and submit it. After authentication, the admin will be redirected to the screen where they can set up a new password.

They will be prompted to set up a unique and strong password, which should be twelve characters long, has no predictable pattern and contains a mixture of numbers, special characters and both uppercase and lowercase letters.

17.3 Change Password

Once logged in, the admin will have the option to change the password upon clicking on "Change Password", the admin will be redirected to the screen where they can set up a new password.

They will be prompted to set up a unique and strong password, which should be twelve characters long, has no predictable pattern and contains a mixture of numbers, special characters and both uppercase and lowercase letters.

The password will only be changed when both the new password and confirm password fields match.

17.4 Staff Management

This page will list all the staff members in a table with their name, email address, the date the staff member was added, a button to block/unblock them and a button to remove them. The admin can also optionally:

- **Invite**: An admin can invite staff members by clicking on the "Invite" button, a pop-up will come up asking for the staff member's first name, last name and email address.
- **Pending list**: An admin can view invited members who have not yet accepted by clicking on "Pending list" button and see a list of members who have not yet logged in for the first time. Admin can also delete those invitations from the list and the member will then not be able to login unless they're sent a new invitation and they login with their new password. Admin can also resend the same invitation to a pending member.

17.5 Log Out

When a member clicks on "Log out" they'll be asked for confirmation if they want to logout of the web app, a yes would log them out and a no would cancel the option and keep them on their screen.

18. HIPPA- PHI COMPLIANCE DATA ENCRYPTION:

HIPPA – PHI information will be encrypted as per the HIPPA guidelines

19. Supported Operating System:

The application will support the following:

- Portrait mode only
- IOS: 10 and above
- Screen Size (6, 6plus, 7, 8, 10) 640*960. 640*1136, 750*1334, 1242*2208)
- The app will be compatible with API Level 28= Android 10.0 and later for Android.
- For iOS it will be compatible with version 13 and above.
- App will be developed for IPhone and Android smartphones.
- The app will support standard screen sizes for smartphone.
- **Tech Stack: Admin, super admin, APIs, on dot net mvc**
- **API: API should be on Swagger**
- **Mobile app: react native**

Note: The backend/architecture must support Microsoft Azure Cloud SQL Database

Note: Yellow highlights are part of change requests and out of the scope of the project and won't be worked on until the cost and timelines are approved. If they aren't approved, the yellow highlight items will be removed from the document and not be part of the project.

Red highlights (such as badges) and some small edits and wordings (highlighted or commented about) are yet to be figured out and can be provided in the next couple of weeks.

Agency Name: Texas A&M AgriLife Administrative Services

Signature: Chad Rethorst

Name: Chad Rethorst

Title: Associate Professor

Date: May 15, 2023

TexasA&M_SOW_ver1

Final Audit Report 2023-05-15

Created:	2023-05-13
By:	Sales App Maisters (salesteam@appmaisters.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAASvdg-hErZ7ilHGz2P7jS7fH4abArPMOA

"TexasA&M_SOW_ver1" History

Document created by Sales App Maisters (salesteam@appmaisters.com)
2023-05-13 - 4:44:00 AM GMT- IP address: 98.194.136.131

Document emailed to Chad Rethorst (chad.rethorst@ag.tamu.edu) for signature
2023-05-13 - 4:44:57 AM GMT

Email viewed by Chad Rethorst (chad.rethorst@ag.tamu.edu)
2023-05-15 - 3:42:21 PM GMT- IP address: 104.47.70.126

Document e-signed by Chad Rethorst (chad.rethorst@ag.tamu.edu)
Signature Date: 2023-05-15 - 3:46:54 PM GMT - Time Source: server- IP address: 50.84.156.34

Agreement completed.
2023-05-15 - 3:46:54 PM GMT